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Health—the poor man's riches, the rich man's bliss.

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A NOTICE to emigrants, by the society for forming a settlement in the *Oregon Country*, on the Columbia river, reminds us of some interesting facts connected with climate, which are, we imagine, new to most of our readers. One grand peculiarity, not yet explained satisfactorily, is the superior mildness of the climate of the western coast of a continent, or island, over the eastern, or opposite coast, in the same latitude and elevation.

Thus, for example, while all is sterility and desolation on the eastern coast of North America, even as low as the 55th degree of north latitude, and ice and snow maintain a perpetual existence at the 60th parallel, we find on the coast of Norway, or western coast of Europe, ten degrees higher, that all is life, and animation, and beauty.

The difference of climate between the western coast of North America, and the eastern coast of Asia, is still more surprising, when we reflect that the parts of the two continents to be compared, are only separated from each other by a strait, rather more than forty miles in width. Kotzebue, in his voyage of discovery, undertaken in 1815, informs us, that the crossing this short extent of water from America to Asia, was like passing from winter to summer. While all was verdure at Cape Prince of Wales, in America, the opposite point of East Cape, in Asia, was covered with eternal ice. A few hours sailing directly to the west, sank the thermometer from 59° to 43° F.

The general agent of the Oregon Society says, "that the climate on the shores of the Columbia river is remarkably mild

and healthful." A person, ignorant of the difference of climate between the two coasts of a continent, might naturally enough look at his map, and having discovered what spot of the eastern or Atlantic coast was of the same latitude as the mouth of the Columbia river, he would infer the mean annual temperature of the latter to be the same as that which he knows the former to possess. He would be deceived in this case, as in any other in which he would take parallels of latitude to measure climates, without reference to numerous modifying causes; among the chief of which, is the kind of exposure just mentioned.

In New California, on the Pacific ocean, they cultivate with success the olive along the canal of Santa Barbara, and the vine from Montercy to the north of the parallel of 37 deg. N. lat., which is that of the country near the mouth of Chesapeake Bay. The mouth of the Columbia river, in lat. 44° 40′ N. has a mean temperature of 55° F., the same as that of Pekin, in China, on the opposite continent, in lat. 39° 54′ N. Philadelphia, on the eastern side of the continent, is in about the same latitude as Pekin, or nearly five degrees farther south than the mouth of the Columbia river, and yet its mean temperature, 52° F., is three degrees less than that of the latter.

In corroboration of these views, for which we are indebted to the celebrated traveller Humboldt, it may be mentioned, that on the shores of the narrow channels of the Bosphorus and Dardanelles, dividing Europe from Asia, the western coast of the latter continent has a more genial climate than that of the former. In the spring, says Wittman, vegetation is several weeks more advanced on the Asiatic than on the European side, and the productions of the soil more vigorous and of larger growth.

So far, we see that marine exposures to the west appear to give a milder climate; and if we carry our investigations farther, we shall find that the mean annual temperature of places in the same latitude diminish as we advance to the east. Thus Warsaw, the capital of Poland, has a less medium temperature than Amsterdam, on the same line of latitude; it is hotter in summer, and colder in winter. Astrachan, at the mouth of the Volga, is nearly in the same latitude as Lyons. The Crimea is not so warm as upper Italy, to which it corresponds, and although it also presents, equally with the latter, low grounds. Pekin is in the same parallel as Naples, but with less medium temperature, and exposed to much greater vicissitudes.

The interest with which the subject of climate is always studied, as well by the physician as by the naturalist and agriculturist, will justify our indulging in farther details hereafter. We shall then show, that even the mean temperature of a place gives but an imperfect idea of its climate, unless we know the difference between its temperature in summer and in winter.

CREAM—BUTTER.

When milk has been allowed to remain at rest, for a few hours, a thin layer is formed upon its surface, of a substance having a thicker consistence and apparently a more unctuous, or fatty nature, than the fluid upon which it swims. This is the cream which has separated spontaneously, from the other parts of the milk, and from its lightness, has risen to the surface. The proportion of cream in milk, depends on various circumstances connected with the nature of the animal, from which the latter is obtained, its age, degree of health, the food upon which it is fed, &c. The separation of the cream is influenced also, by heat, and by exposure to the air. It takes place more rapidly, and to a greater extent, in summer than in winter, and in a warm than a cold apartment. The larger the surface of the milk, which is in contact with the atmosphere, the sooner and more copiously also, will the cream be formed.

As an article of food, cream, although in the highest degree nutritious, is by no means so well adapted as the milk previous to its separation. Taken in any quantity into a stomach, the digestive powers of which are slow and imperfect, it is apt to produce heart-burn—a sense of oppression, and other uneasy sensations. Diluted with water, or taken in moderation with bread or similar food, it seldom disagrees with persons in the enjoyment of an ordinary degree of health; and even in some cases of dyspepsy, agrees better with the stomach than milk does.

On its first separation, cream is not to be considered as entirely pure; it still containing a portion of the other ingredients of the milk: when these are removed from it by agitation, or the process called churning, the oil appears in its proper form, constituting the well known substance *butter*.

In its recent state, butter resembles very nearly in its properties the unctuous and expressed oils of various vegetable substances, and that of animal fats: it is more consistent, however, than most of the vegetable oils, in consequence of its still containing a portion of the caseous, or coagulable part of the milk. Like those oils, it is subject to the change which is termed rancidity—this change is promoted by free exposure to the air, and the heat of the weather; and it takes place also, much more rapidly the less perfectly the process of churning has been performed, and the greater the amount, consequently, of the other portions of the milk that are allowed to remain mixed with it. By proper attention to the complete separation of these, and the use of salt, the occurrence of rancidity may be prevented, and the butter preserved for a very long time, in a condition fit to be used as an aliment.

The employment of butter, as an article of food, has prevailed chiefly in modern times. It was unknown to the ancient Greeks;

and the Romans employed it only for anointing, or as a medicine, and not as food.

When fresh, and eaten in moderation with bread a day old, butter is an article of diet, which agrees well with most stomachs—especially of those who use daily active exercise, in the open air, and are in the enjoyment of perfect health. With the sedentary, the dyspeptic, and gouty, it is very apt, unless taken in very minute portions, to disagree.

The wholesomeness of butter, however, as an article of food, depends entirely upon its freedom from rancidity; and therefore, whatever has a tendency to induce this change in it, either by too long keeping, exposure to heat, or the operations of cookery, as in frying, baking, or burning, renders it in the same degree injurious to the system. Nothing can be more detrimental to the stomach, than fried, or burnt butter—it renders digestion difficult and painful, and causes various uneasy sensations, which last for many hours. What is termed sick-head ache, is particularly liable to be induced by butter rendered acrid in the processes of cookery, and often in a very short time after partaking of it. Subsequently to a meal, at which any substance fried in butter, or hot buttered toast has been made use of, the person often experiences a singular kind of dizziness of sight, objects swiftly changing their apparent position, and appearing surrounded with luminous points and angles. Giddiness succeeds, with head-ache and sickness. The same symptoms, or at least heart-burn, acrid eructation, sickness and oppression of stomach, are very liable to be produced by pastry, and various cakes, in the composition of which, butter or any other species of fat, enters: by persons who value health and comfortable feelings, such articles will never be eaten fresh. Butter simply melted by a gentle heat, cannot be considered as unwholesome, when taken in moderation; but when it has been exposed to a very considerable heat, or in its fluid state is combined with flour or crumbs of bread, it is certainly pernicious and should be banished from the table of every prudent individual. Good fresh butter then, spread on bread a day old, is seldom an unwholesome article of diet: it is injurious only when rancid, or spoiled by injudicious processes of cookery.

WHOLESOME AND NUTRITIOUS BREAD FROM SAW-DUST.

To be restricted to a diet of saw-dust, would, a short time since, and by many at the present day will still, be considered a sentence of death by starvation: but the investigations of the chemist have shown him, that even from this unpromising substance a wholesome, nutritive and palatable bread may be obtained. Famine is now rendered almost impossible, until at

least our forests have been consumed, by which time we may trust a sufficient crop of wheat and corn will be raised, or the means of obtaining food from brick-dust will be discovered.—But the production of a nutritive bread from saw-dust and chips is no joke—it is an actual fact. The experiments of M. Autenreith, of Tubingen, on the conversion of lignin, or the woody fibre, into food, are thus detailed by Dr. Prout, in his learned paper in the Philosophical Transactions, on the ultimate composition of elementary substances. M. Autenreith takes a piece of wood, and by frequent soaking and boiling, separates from it every thing which is soluble in water. The wood thus purified, is then reduced to saw-dust, repeatedly subjected to the heat of an oven, and finally ground into flour. It requires the addition of leaven; after which, in the ordinary process, it makes a uniform, spongy bread. The colour is rather yellowish; but when well baked and crusty, it is not only very nutritious, but much superior in every respect to the brown bread, made of the bran and husks of corn-flour.

To that class of extremely witty gentlemen who are in the habit of ridiculing every thing which is proposed as a means of preserving health, we beg leave to say, that the above is given to our readers merely as an article of curious information—we have not seen nor tasted saw-dust bread ourselves; and do not, therefore, let it be understood, recommend it in the place of good *wheaten* bread and butter. The mode of converting the process of bread baking into a means of poisonous distillation, has gone the round of the newspapers; we trust that editors will, at least, not pass over in silence, the new source of aliment in saw-dust, to which attention is now directed.

POISONOUS CONFECTIONARY.

In a late English periodical, a gentleman of the medical profession,* has called the attention of the public, to the existence of various poisonous pigments, in several articles of confectionary, the preparation of which, from their peculiar attractions to the younger branches of the community, constitutes, in most large cities, a separate and extensive branch of manufacture. "I am fully aware, he remarks, of the hazardous task that individual undertakes, who ventures, in this country, to signalize such abuses. The wrath of the particular trade is, of course, especially excited, and the sneers and ridicule of the ignorant, are also abundantly provoked." We are persuaded that our readers, however, will feel grateful, for an exposition of the facts, by which the real extent of the danger in question is shown. For the wrath

* Dr. O'Shaughnessy.

of those interested in the concealment of abuses, or the sneers of the ignorant, we have little regard, when public good is our object. From our efforts in its promotion, nothing shall divert us.

A distinguished chemist and philanthropist of Paris, M. Chevallier, in a paper published in the Journal of Medical Chemistry, had previously placed the importance of an attention, on the part of the medical police of the French metropolis, to the subject of poisonous confectionary, in the most striking light. He had seen various accidents produced, by the consumption of comfits of sugar coloured by mineral poisons. Of these, he particularises the Schweinfurt-green, a compound of arsenic and copper; the chromate of lead, and the sulphuret of mercury (vermilion.) He has also found the colouring matter of these toys of sugar, to be composed frequently of gamboge, which, in small quantities, acts often violently upon the stomach and bowels. Notwithstanding the notification of this dangerous practice, in nearly all the Journals of France, the same mode of colouring was persisted in by the confectioners, until at length the council of health was consulted on the subject. This body lost no time in investigating it, and the result was an ordinance of the police, for the suppression of the dangerous practices complained of. In the report of M. Andral to the prefect of police, the colouring substances which are recommended to be prohibited are, in the first place, all those derived from the mineral kingdom, excepting the oxides of iron and lakes of iron, and Prussian blue, all of which, may be safely employed. Of vegetable substances, he recommends the severe prohibition of *gamboge*. *Litmus* should also, he conceives, be prohibited, as well on account of its occasional combination with disgusting substances, as its being sometimes mixed with common *arsenic*, and red precipitate of *mercury*. The most diversified colours, he states, may be obtained by confectioners, from entirely harmless compounds. Thus from the lakes of cochineal and carmine, they can prepare all the *reds*; the lakes of logwood will afford them *violet*; the lakes of dyers' broom (*genista tinctoria*,) &c. will give the *yellow*; the lake of persian grains (*polygonum persicaria*,) with prussian blue, will form a more beautiful green, than that from any mineral substance; and finally, by the admixture of these harmless colours, all the intermediate shades and tints, will be obtained. The papers used for wrapping up sugar confectionary, M. Andral directs, also, to be strictly attended to, since they are coloured with the same poisonous materials, and children are very apt to suck or chew these papers. A member of the council of health, a short time since, snatched a coloured paper of this description from an infant's mouth, and by analysis obtained from it both *arsenic* and *copper*. Pursuant to the ordinance, visits were made to the shops of confectioners, and several poisoned specimens destroyed. Generally speaking, the confectioners

gladly banished from their factories the pernicious materials, and availed themselves of the harmless substitutes recommended in the report.

To ascertain whether the same poisonous materials existed in the confectionary of London, different articles variously coloured were purchased from several shops in that city, and subjected to analysis; of ten specimens of red-coloured comfits, sold for eating, six contained mineral poisons, viz. red lead, vermilion, and chromate of lead; all these specimens, with one exception, were only coloured externally; of seven specimens of yellow comfits, six contained deleterious substances, viz. gamboge, oxide of lead, and Naples yellow; several were stained throughout; one specimen of green comfits contained copper and lime. Those toys of sugar apparently intended for ornament, but frequently eaten, mostly contained poisonous ingredients. The papers were next examined, especially those used for enveloping the sugar drops termed "kisses or secrets;" without exception, the reds were coloured with a preparation of mercury (vermilion,) the yellows with chromate of lead, and many of the greens with the carbonate of copper (verdigris.)

"I cannot be excused of exaggeration, remarks the English investigator, when I assert, that thousands of children are thus daily dosed with metallic and vegetable poisons; in minute quantities it is true; but in quantities dependent for this amount, on the caprice of a workman, or the uncertainty of a machine, and sufficient, in the minutest degree, to produce their peculiar insidious effects, if taken habitually from day to day. Neither are these effects merely lingering; for not long since, an acute case of poisoning, arising from the use of confectionary coloured with a deleterious preparation, occurred in the children of a highly respectable family in Southwark; and on analysis, the articles consumed were found to contain red lead."

On inquiry, we are happy to learn that the demand for these species of coloured confectionary, is yearly decreasing in Philadelphia.—In the mean time we urge upon our confectioners, and the public, an attention to the important hints given above.

CROWDED ROOMS.

In an English work, entitled the Philosophy of Medicine, containing numerous extracts on the nature of *health and disease*, we find the following striking—but, as we have every reason to believe, *authentic*—anecdote:

"A lively young lady, who came to *Bath*, to put herself under the care of Dr. M. Adair, gave a rout, and insisted that the doctor should be of the party. The room was *small*, and the company very *numerous*. He had not been long seated at the card-

table, before a young gentleman, his partner, *fell into a swoon.* The doors were immediately thrown open to afford him fresh air, and the sash lifted up, and both the gentleman who swooned, and the young lady, Dr. Adair's patient, who were invalids, were much injured by the sudden exposure to a current of cold air. How the rest of the company were affected, says Dr. Adair, I had no opportunity of knowing; but my own feelings and sufferings, for many hours after I retired from *this oven*, convinced me of the *dangerous consequences* of *such meetings.* On declaring, a few days after, to one of my brethren, a man of humour, my resolution of writing a bitter philippic against routs, he archly replied: "Let them alone, doctor; how could this place otherwise support *twenty-six* physicians!"

This fact, says our ingenious correspondent, to whom we are indebted for this article, serves to show, better than a thousand arguments without it, the danger of injury from confined air in close apartments. Hence we see that when we invite our friends to enjoy with us the pleasures of the social circle, we may incautiously be the means of rendering both them and ourselves miserable, by the poison of a corrupted atmosphere. Besides, how often do we find hundreds, and thousands, of individuals occupying a room with closed doors and windows, for an hour or two together! Much of the yawning, and dulness, and inattention of religious assemblies, is *often* produced by similar causes, though usually ascribed to a different origin. Crowded assemblies would do well to recollect that they are rendering the atmosphere absolutely poisonous, at the rate of at least a gallon a minute, or a hogshead an hour to an individual; and they are making it, more or less, impure and unwholesome with every breath. This happens too when the atmosphere is the most pure and dense. In hot weather, as the air is highly rarified, and other causes of impurity exist in greater abundance, it is poisoned at a much more rapid rate than in other circumstances; and this should remind us of the necessity of a stricter attention to ventilation.

Our *unenlightened* readers may be edified by the following—

RECIPE FOR A ROUT:

"Take all the ladies and gentlemen you can collect, and put them into a room, with a slow fire. Stew them well. Have ready twelve packs of cards, a piano-forte, a handful of prints or drawings, and put them in from time to time. As the mixture thickens, sweeten it with politesse, and season with wit, if you have any; if not, flattery will do, and is very cheap. When all have stewed well an hour, add some ices, jellies, cakes, lemonade, and wines; the more of these ingredients you put in, the more substantial will your rout be. Fill your room quite full, and let the scum run off!"

SANITARY CORDON.

The world has become, of late years, but too familiar with sanitary cordons, the mention of which, may well call up the blush of shame in the physician, whose profession is made to sanction the necessity of their formation, and carry terror to the breast of the patriot, who sees in them but an engine in the hands of despotism, for the suppression of liberty, perhaps the extinction of national independence. Who, among us, can have forgotten the pretext under which the army for the invasion of Spain, by the ministry of Louis XVIII., was collected on the frontiers of that kingdom; and the solemn asseverations to all Europe, that it was not intended to act hostilely, but simply to keep the infection of yellow fever, from spreading into France. Up to the very moment of the passage of the Bidassao, by the duke of Angouleme, this was the language, these the professions made: but how were they verified by what actually transpired! The contagion really dreaded, was the Spanish constitution, and liberal institutions: the infected persons were the Cortez, and all those persons engaged in the administration of affairs, under the new order of things.

At this present time, we read in the newspapers of an insurrection of the Hungarian peasantry, provoked by the harshness and cruelty with which quarantine, and other restrictive measures, are enforced by the Austrian troops stationed along the frontiers of Poland and Gallicia, with the ostensible purpose of protecting the emperor's loyal subjects from the Russian cholera. To say nothing of the ulterior objects of the assembling of these troops; we have tolerably clear proof, that the haste and severity with which they are made to act the part of agents of the health office, are very clearly referrible to the magnanimous address of the estates of Hungary in favour of the Poles. It is not so much Russian cholera, that the emperor of Austria, and prince Metternich, and the Aulic council are afraid of, as the contagion of Polish enthusiasm in favour of national independence and liberal institutions.

Even could we persuade ourselves, that these cordons of troops were really intended to prevent the spread of disease, we should find abundant reason to prove the nullity, and often the directly mischievous effects of such precautions, begun in ignorance of the real cause of the disease, and carried into effect from misconceptions of its mode of propagation. If they could change the direction of the winds, and the temperature of the atmosphere, we might put some faith in their powers. But when their efforts are confined to either entirely stopping, or greatly trammelling the trade between the suspected country and their own, when the inhabitants on the opposite sides of the frontier are prevented from exchanging the produce of their respective soils, and from giving and receiving assistance in sickness; when all those in the sickly district are doomed to remain there, for better, for worse, breathing an impure air, living upon an imperfect supply of provisions, or upon those which are damaged, and the inhabitants of the yet healthy district, are kept in perpetual agitation and terror by their ignorance of the fate of those on the other side of the line, many of them, perhaps, friends and relatives, we are constrained to admit, that such sanitary cordons are mischievous in their

operation, to say nothing of the immense expense which is to be paid from the pockets of the people, nor of the continual annoyance to which they are subject, by a large body of military quartered among them. But it will be asked by our readers, are these sanitary cordons without precedent or medical authority to sanction them? Here we confess is, to us, the sore point. In common law, we allow it to be better that a guilty man should escape for the want of direct conclusive evidence, than that the innocent should suffer from suspicion and appearances, however strong they may be. But in quarantine law, presumed to be enacted by medical advice, this maxim is reversed. A person *suspected* of being sick with a disease, which it is *supposed* is, or may *possibly* be contagious, is deprived of his liberty, or at least, ceases to be a free agent, and may even pay the forfeit of his life, by an attempt to hold intercourse with his fellow men, and to discharge the obvious duties which are imposed upon him as a member of society.

It is but very recently that we have all read an account of ships from the Baltic, half of the crews of which had died of cholera, having arrived off the coast of England, and prevented holding intercourse with the shore. Although the survivors of these crews were sick, fresh men were not allowed to go on board to navigate the vessels. One vessel had arrived, on board of which the cholera had destroyed the greater part of the crew; and it was even said, that the authorities had it in contemplation to sink the vessel with the surviving persons on board. And these measures were adopted by a civilized and christian people, in the nineteenth century! Men wearied, and sick, and anxious, many of whose companions had been cut off by a violent disease, who had looked to their arrival in an English port, as an event which would insure them comfort, assistance, and sympathy, were treated as worse than pirates—as the veriest outlaws, who had been disgraced by the commission of every crime. And why were they thus cruelly treated? Was it because they were suffering under a contagious disease, and were the bearers of poison and death? They were simply suspected of being in this situation. It was believed by some, and feared by more, but without adequate evidence, that the cholera was contagious. The weight of testimony was adverse to such a belief. But, selfishness taking counsel of its fears, brought cruelty to its aid, and suspicion was enough for condemnation. If sailors are forbidden to volunteer to enter on board a sickly ship, and bring it and the surviving crew into port, for fear they might catch the fever or other disease, and thus run the risk of their lives, pilots ought, by similar argument, to be prohibited from venturing out in a storm to bring a ship in. And it should, on the same showing, be made a penal offence to plunge into the water to save a sinking man from drowning, since he, who volunteers for the act, may either at once lose his own, or have violent disease, fever, &c. from his immersion in the water.

We hope to see a revision of the quarantine laws, in which, those concerned in the task, shall bring with them better knowledge of epidemic diseases than their predecessors, and give us some better reasons for confining individuals engaged in trade and commerce, and for suspending the intercourse between nations, than their fears coinciding with old women's tales and vulgar prejudice.

MOTIONS OF THE EYE-BALL.

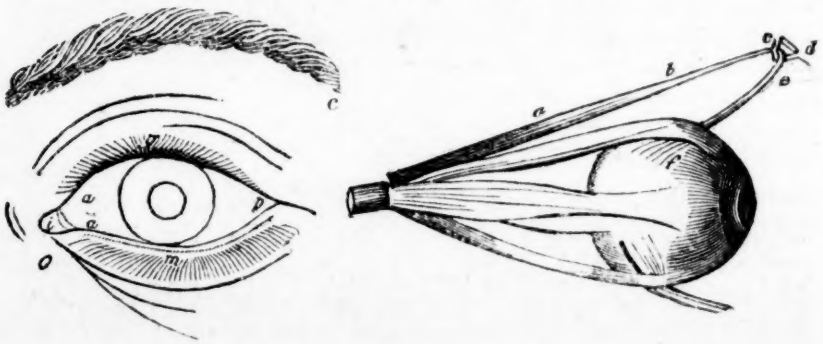
THE varied motions of the eye-ball, by which we are enabled, without altering the position of the head, to extend so considerably the field of vision, are performed, like all other voluntary ones of the body, by the action of muscles or fleshy ribbons. There are six muscles appropriated to each eye. Being firmly attached by one extremity to the inner surface of the bony orbit, and by the other to a chord or tendon, which is inserted into the eye-ball, it is evident that when these are excited by the will to contract, or become shortened, they must draw the eye in the direction in which their fibres are disposed.

Four of the muscles in each eye-ball proceed in nearly a straight line, from the bottom of the orbit, to the anterior part of the eye-ball, and are hence termed straight (*recti*) muscles; one being placed above, causes the eye to turn upwards; a second placed below, turns it downwards; a third on its outer side, turns it towards the temple; and a fourth, on its inner side, towards the nose. When these four muscles act together they sink the eye within the socket, and keep it fixed and motionless. When they are called into action in quick succession, they give to the organ a kind of rotary motion.

Independently of the foregoing motions, the pupil of the eye is capable of being turned obliquely upwards, and inwards, and also downwards, and outwards; the eye can likewise be protruded, to a certain extent, directly forwards. These motions are produced by the action of the two oblique muscles. The lower oblique muscle takes its rise from the side of the bony orbit within the internal corner of the eye, and running obliquely backwards, and to the inferior part of the socket, is inserted into the eye-ball near its middle. When this muscle contracts, it will, of course, by drawing that part of the ball to which it is attached towards the point of its insertion, turn the pupil upwards and inwards. The motion of the eye in the opposite direction, is performed by the superior oblique muscle, the singular mechanism of which merits particular attention. It originates far back within the orbit, and running forwards is attached to a slender chord or tendon, which is made to pass through a pulley in the bone beneath the eye brow, near the point where the latter forms an angle with the nose: the pulley is sometimes of bone, but more generally it consists of a loop of cartilage or gristle. After going over the pulley, the chord runs back again, and is inserted into the upper part of the eye-ball, about its middle. The two oblique muscles acting together, cause the eye-ball to project forwards, as in the effort to view a distant mountain, or a ship far in the offing—a most beautiful contrivance, quite unequalled in all our works of art, in simplicity of mechanism, and utility of design.

Connected with the organ of sight there are two other motions, viz. the opening and closing of the eye-lids—or, more strictly speaking, the eye-lid, for, as we have already remarked, it is the upper eye-lid only that moves. The eye-lid is raised by a muscle which originates within the socket, very nearly at the same place with the upper oblique, or pulley muscle of the eye-ball; running downwards, beneath the skin of the lid, it is attached to its cartilaginous rim or tarsus; when it contracts, it draws the latter upwards and within the orbit. The eye is closed by a muscle which arises from the edge of the temple and cheek, near the outer angle of the eye; its fibres then run in an oval direction within the substance of the two lids, and uniting together at the inner angle, are there attached by means of a small round tendon, which may be felt by the finger. This muscle being fixed at its two extremities, its contraction has the effect of changing the oval sweep of its fibres to a straight direction, and, of course, of bringing them, and with them the lids to which they are attached in contact. The action of this muscle has also the effect of compressing the sac, which receives the tears, and, by that means, causing the flow of the latter into the nose.

The two following drawings will render more clear the description of the accessary apparatus of the eye, contained in the present and last numbers. That to the left represents the eye-lids, and their cartilaginous rims *g m*; the row of dots above *m*, indicate the orifices of the sebaceous ducts in the edges of the lids; *c*, the situation of the gland for secreting the tears, the ducts of which open above *p*; *a a*, the orifices which suck up the waste tears; *o*, the situation of the duct, by which the tears are conveyed into the nose; *i*, the caruncle and semilunar fold. The drawing to the right, represents the muscles of the eye. The four straight muscles are those to which no letters of reference are attached. The inferior oblique muscle is seen passing within the insertion of the lower straight muscle; *a*, the pulley, or superior oblique muscle; *b*, its chord or tendon; *c*, the pulley through which it passes; *d*, bony edge of the orbit, to which the pulley is attached; *e*, the chord of the muscle, turning back to be inserted into the ball of the eye at *f*.



We select the following Table, from the valuable work of Dr. Clark, on Climate, noticed in our second volume.

Table.—*Showing the Mean Temperature for each month, each season, and for the whole year.*

NAMES OF THE PLACES.	Mean Annual Temp.	Mean Temp. of the Season.				MEAN TEMPERATURE OF EACH MONTH.											
		Winter	Spring	Summ.	Autumn	Jan.	Feb.	March	April	May	June	July	August	Sept.	Oct.	Nov.	Dec.
London,	50.39	39.12	48.76	62.32	51.35	37.36	40.44	42.64	48.00	55.64	60.60	63.43	63.52	58.80	51.78	43.47	39.58
Edinburgh,	47.31	39.40	44.70	57.30	47.86	40.17	39.54	39.60	45.84	48.67	54.85	59.31	57.74	55.61	48.37	39.60	38.50
Leith,	48.36	40.59	45.75	58.27	48.50	41.09	40.62	40.86	46.37	50.01	55.09	60.36	58.37	56.31	49.22	41.19	39.77
Kinfauns,	47.02	39.82	44.60	56.82	46.80	41.25	39.65	39.65	45.17	49.96	55.61	58.79	56.48	53.43	46.38	40.56	38.35
Dublin,	49.10	39.20	47.30	59.54	50.00	35.42	....	....	....	....	....	61.16	....	....	....	....	....
County of Antrim,	47.87	36.75	46.75	58.16	49.83	32.00	38.75	41.25	49.75	49.25	58.75	60.75	60.00	54.25	51.50	43.75	39.50
Kendal,	46.22	36.16	43.79	57.33	46.53	34.88	38.50	38.19	43.21	50.09	55.80	58.10	58.21	52.70	46.29	40.59	35.10
Alderly, (Cheshire,)	48.80	37.58	45.80	57.10	48.26	36.75	38.50	41.06	45.10	51.30	56.45	57.75	57.20	54.30	48.10	42.40	37.50
New Malton, (Yorkshire,)	47.65	37.79	44.90	58.44	48.65	36.55	38.44	38.51	45.13	51.06	56.40	62.43	59.50	56.06	47.40	42.48	38.70
Oxford,	48.64	37.00	47.10	60.30	50.00	36.60	37.10	42.10	46.70	52.70	58.70	61.60	60.80	57.10	49.40	43.60	37.00
Environs of London,	48.81	37.30	48.06	60.80	49.13	34.16	39.78	41.51	46.80	55.79	58.66	62.40	61.35	56.22	50.24	40.93	37.66
Bushey Heath,	49.82	38.02	47.06	61.48	51.46	37.95	38.60	40.10	47.60	53.50	59.15	64.20	61.10	59.60	50.70	44.10	39.30
Chichester,	49.50	38.85	47.76	60.78	50.64	36.46	40.56	41.32	49.39	52.78	59.32	62.32	61.02	58.67	50.54	42.72	39.54
Gosport,	50.24	40.44	47.63	62.00	50.88	40.44	40.94	42.94	47.00	53.00	61.00	63.00	62.00	58.00	50.20	44.45	38.94
Newport, (Isle of Wight,)	51.00	40.31	49.00	63.09	51.63	38.35	42.00	44.75	46.25	56.00	62.00	64.70	62.38	58.25	51.90	44.76	40.60
Cheltenham,	51.32	40.60	50.28	64.32	50.96	38.25	41.75	46.18	50.50	54.16	61.50	66.33	65.12	59.06	50.32	43.50	41.75
Sidmouth,	52.10	40.43	50.66	63.83	53.50	39.30	42.00	45.00	51.00	56.00	61.10	65.50	65.00	61.50	53.00	46.00	43.00
Helston, (Cornwall,)	52.58	41.51	50.12	62.37	53.88	42.49	44.10	44.58	49.67	56.12	59.95	64.40	62.78	60.48	53.00	48.18	46.94
Penzance,	52.16	44.66	49.66	60.56	53.83	43.00	44.56	46.50	48.50	54.00	59.00	61.00	61.50	58.00	54.50	49.00	46.50
Geneva,	49.89	38.43	50.40	64.99	50.97	32.00	35.50	41.50	47.30	58.00	62.70	66.56	65.70	59.70	50.70	42.50	34.00
Paris,	51.50	42.23	53.10	70.73	56.41	40.36	43.37	44.37	52.42	60.57	69.02	73.60	69.85	65.85	55.25	50.31	45.60
Nantes,	55.62	42.08	56.46	70.88	56.30	41.00	....	....	....	....	....	73.04	....	....	....	....	....
Bourdeaux,	56.48	41.79	54.96	67.41	55.64	38.89	44.06	46.80	55.79	62.31	71.73	68.19	65.80	54.34	46.79	41.53	
Pau,	54.95	44.30	53.33	71.30	61.30	42.00	45.60	47.00	53.00	60.00	67.10	72.00	75.00	71.00	61.00	52.00	46.60
Montpelier,	57.00	42.60	57.13	74.06	59.00	42.00	43.00	50.50	55.00	66.00	72.00	76.00	76.00	67.00	60.00	50.00	43.50
Avignon,	58.20	43.50	57.55	72.50	60.08	44.70	45.06	50.07	....	....	....	....	....	....	58.20	50.40	46.10
Marseilles,	59.50	43.50	58.70	74.36	59.00	40.00	44.60	48.60	55.60	62.60	70.50	74.00	79.00	64.00	62.00	51.00	46.00
Toulon,	59.48	47.82	56.93	72.36	61.63	45.85	49.00	51.45	57.00	63.00	69.00	73.50	74.30	69.35	61.85	53.70	48.60
Nice,	60.37	44.57	58.60	75.63	62.94	44.53	47.47	51.07	60.30	64.45	73.50	75.10	76.50	73.50	64.70	55.05	45.60
Genoa,	58.20	42.60	57.13	74.06	59.00	42.00	43.00	50.50	55.00	66.00	72.00	76.00	76.00	67.00	58.20	50.40	46.10
Baths of Lucca,	55.00	....	....	68.17	....	....	....	....	....	58.60	69.50	62.00	70.00	71.50	66.00	....	....
Camajore, (Lucca,)	58.07	44.70	56.32	71.06	59.58	43.60	45.00	50.00	55.70	63.25	68.35	71.00	72.80	72.75	67.75	59.50	51.50
Sienna,	55.60	40.50	54.10	70.80	57.10	39.70	40.32	46.30	53.70	59.50	67.50	71.00	72.30	66.00	58.30	47.10	41.70
Florence,	59.00	44.30	56.00	74.00	60.70	41.00	45.00	48.00	56.00	64.00	69.00	77.00	76.00	70.00	59.00	53.00	47.00
Leghorn,	60.00	46.00	57.00	74.10	62.00	42.50	45.00	51.70	56.50	64.50	70.00	75.50	76.00	74.80	58.20	53.20	47.70
Pisa,	60.10	46.03	57.20	75.15	62.80	44.00	48.11	51.52	56.30	63.75	70.50	77.50	77.50	73.50	62.62	53.70	47.00
Rome,	60.79	48.90	57.65	72.16	63.96	47.65	49.45	52.05	56.40	64.50	69.17	73.50	74.02	69.50	63.60	56.80	49.62
Naples,	61.40	48.50	58.50	70.83	64.50	46.50	48.50	52.00	57.00	65.00	71.00	75.00	76.50	72.50	65.00	54.50	50.50
Mediterranean, gen. temp. of,	67.11	57.03	65.90	76.25	69.10	57.23	57.60	62.64	63.88	70.00	72.09	76.63	80.05	75.28	69.71	62.31	58.05
Cadiz,	62.88	52.90	59.53	70.43	65.35	51.40	53.73	55.21	59.04	63.75	68.16	70.27	72.86	70.17	67.10	58.80	53.58
St. Michaels, (Azores,)	64.40	57.83	61.17	68.33	62.33	59.00	59.50	61.00	63.00	65.00	67.00	68.00	70.00	68.00	63.00	56.00	55.60
Madeira,	64.56	59.50	62.20	69.33	67.23	59.50	55.50	61.46	62.50	63.00	65.00	70.00	73.00	71.50	67.50	62.70	60.50
Santa Cruz, (Canary Isles,)	70.94	64.65	68.87	76.68	74.17	63.84	64.29	67.17	67.32	72.12	73.89	77.37	78.59	77.43	74.66	70.43	65.82
Cairo,	72.17	58.52	73.58	85.10	71.48	56.10	56.12	64.58	77.90	78.96	83.06	85.82	85.82	79.16	72.32	62.96	61.34

THE PRAISE OF CLEANE LINNEN
WITH THE COMMENDABLE USE OF THE LAUNDRESS.*

THE above is the title of a poem, by the inveterate rhymer, John Taylor, the Water Poet, as he called himself. The epistle dedicatory to the laundress, Mrs. Martha Legge, is an odd piece of composition, full of antithesis and pun—the opportunities for which, were increased by the circumstance of Mrs. Legge's husband being a shoemaker; or, more properly speaking, cobbler. "When I thinke," says the Water Poet, "upon the simpathie and correspondence of both your qualities, I approve fortune for a wise, cunning woman, in clapping such a conjunction together; for hee is a mender and you are a mundifier, or to speak truth, you are both menders; and God knows how many will be hanged before they will mend: your art is to keep even bodies sweet and clean, and his trade is to set our wicked and crooked soales right and upright: hee is a firme and stable man, and waxeth much oftener than hee wanes."

There is a moral running through the following passage, from the poem, which forces one to reflection, despite the quaintness, if not comicalness, of the style, and the doggerel verse. We give the original orthography.

"*Cleane Linnen*, now my verse descends to thee,
Thou that preordinated, were to be
Our corps first cover, at our naked birth,
And our last garment when we turn to earth:
So that all men *Cleane Linnen* should espie,
As a *memento* of mortalitie;
And that a Sheet unto the greatest state
Is the Alpha and Omega of his fate,
As at our birth, *Cleane Linnen* doth attend us,
So doth it all our whole lives' race befriend us:
Abroad, at home, in Church, or Commonwealth,
At bed or boord, in sicknesse, and in health,
It figures forth the churches puritie,
And spotless Doctrine and integritie,
Her State Angelicall, white innocence;
Her nursing love and bright magnificence.
Yet some for Linnen doe the Church forsake,
And doe a surplice for a Bug-bare take;
But always to the Church I bring mine eares,
Not eyes to note what roabes Church-men weares.
Now from the Church let us return but home,
And then the cloth is laid aginst you come;
Though raging hunger make the stomacke wroth,
'Tis half asswag'd by laying of the cloth;

* Dedicated to the most mondifying, clarifying, purifying, and re-purifying, cleanser, clearer, and reformer of deformed and polluted Linnen, *Martha Legge*, Esquiresse, transparent, unspotted, snow-lilly-white laundresse, to the Right worshipfull and generous, the Innes of Court of the Middle Temple, with divers others in the ranke of Nobility, Gentility, and tranquility; your poore and unknowne Poetical Oratour, John Taylor, in humility and servility, craves your Patronages ability, in defence of his imbecility.

For in the warres of eating 'tis the use
A table of clothe is hunger's flagge of Truce,
Whilst in the fight the Napkins are your friends,
And wait upon you at your fingers' ends."

The following is a sad enough proof of the value men attach to clean linen:

"Most men, *cleane shirts*, at such esteeme doe prize,
That the poor'st thiefe, who at the gallowes dyes,
If but his *shirt* is *cleane*, his mind is eas'd,
He hangs the handsomer and better pleas'd."

The Life of a Physician.—There are few medical men who will not be ready to assent to the accuracy of the following sketch. It is drawn by one, who is represented to "have attained eminence in the profession, but who is desirous of dissuading his nephew from pursuing it."

"Of all professions, that of medicine is the most anxious, the most disgustful, the most thankless. Forced to humour the capricious, to soothe the irritable, to persuade the headstrong; to mingle in scenes which even familiarity cannot divest of their loathsomeness; to feel the gnawing of anxiety, when fathers, husbands, and brothers confide their dearest interests to your skill—still more, when with the life of your patient your own reputation lies at stake—and then, when all is done that man can do, to have your services requited with a grudging hand, and unthankful heart,—such is the life of a physician! Nay, even in the eyes of those, who should know how to appreciate your merits, you will find that the discharge of the pecuniary debt cancels all obligation. As if *money* could repay such services as ours!—Remember, Jeremy, I speak of the better (would I could say the greater!) part of the profession: for, as for those whose only object is to earn a living, who would draw the last drop from the veins of their victim, could they but coin it into gold—Nephew! a quack you shall not be! I will bury you with this hand first!

"Believe me, this is no fanciful picture. If you have genius, if you be of an impatient temper, if your character be proud and finely sensitive, I warn you—study not medicine. Yet I repeat: as far as concerns myself, I have no objections; I am willing to instruct you: but weigh well what you do—lest you repent, when repentance will avail you nothing."

New Species of Exercise for Valetudinarians.—An invalid in Paris, is said to have recently recovered his health by riding daily at the funerals of his fellow citizens. The number of funerals which go out of Paris every day, and at which the carriages are furnished by the relatives of the deceased, renders this account not improbable.

Abstinence a Beautifier.—On entering, says the author of a year in Spain, the cottage of the Hermano Mayor, he came to the door to receive me, signed the cross over me, and pressed my hand in token of a welcome reception. Like other hermits, the Hermano Mayor wore a large garment of coarse cloth, girded round the middle with a rope, and having a hood for the head. The only covering of his feet consisted of a coarse shoe of half-tanned leather. Yet there was something in his appearance, which would have enabled one to single him out at once from a whole fraternity. He had a lofty and towering form, and features of the very noblest mould. I cannot tell the curious reader how long his beard was; for after descending a reasonable distance along the chest, it returned to expand itself in the bosom of his habit. This man was such a one as, in any dress or situation, a person would have turned to look at a second time; but as he now stood before me, in addition to the effect of his apostolic garment, his complexion and his eye had a clearness that no one can conceive, who is not familiar with the aspect of those who have practised a long and rigid abstinence from animal food and every exciting aliment. It gives a lustre, a spiritual intelligence to the countenance, that has something saint-like and divine.

The Anniversary Report of the Managers of the Pennsylvania Society, for discouraging the use of ardent spirits, with an Appendix, forming a pamphlet of seventy-two closely printed pages, is for sale at the Literary Rooms. In order that all societies and benevolent individuals may have the ability to circulate widely this Report, the price is fixed at *six and a quarter cents a copy, by the quantity;* and twelve and a half cents the single copy. Ample details are given in it respecting the effects, physical and moral, of the use of ardent spirit, wine, and malt liquors, as furnished by the experience of literati, physicians, travellers, labourers of all kinds, soldiers, and sailors. The direct concern which all classes of society, and every member of a family have in promoting the temperance reform, is distinctly pointed out. The arguments and facts are such as to reach all minds, and dispel some of the most inveterate prejudices against the cause. Useful dietetic hints are given at the same time to the invalid, who may be desirous of improving his health, and prolonging his life.

GREGORY'S PRACTICE OF PHYSIC.

A new edition of the above valuable work, from the last London edition, with notes and additions, adapting it to the Practice of the United States, by Nathaniel Potter, M. D. Professor of the Practice of Physic in the University of Maryland, and S. Colhoun, M. D. is just published by Towar, J. & D. M. Hogan.

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